

Sunday			Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<u>A.H.O.Y.</u> Smith Senior Center M, T, W, Th, S 9:15 am M, W 5:30 pm Lewis Center M, W, F 9:15 am Leonard Center M, W, F 10:30 am Brown Center Tu, Th 9:15 am Peeler Center Tu, Th 10:30 am Griffin Center Tu, Th, S 10:30 am Lindley Center Tu, Th 2:15 pm													1 NEW HOURS: 9 am to 1 pm 9:15 AHOY Gym	
2 Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon			3 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym 1:00 A Matter of Balance Class* Rm 2 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 2 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool		4 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:30 Birthday Potluck & Bingo Rm 1 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym		5 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool		6 9 am-5 pm AARP Tax Service* 8:30 Strength for Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Legal Services* Rm 1 10:00 Cards & Games Gym 11:00 Water Arthritis Class* Pool 1:00 Easter Wreath Class* Rm 1 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 1 5:45 Aqua Fit Class* Pool		7 10 am-5 pm AARP Tax Service* 9:15 Chair Yoga Gym 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 1 11:30 Yoga on the Mat Rm 1 11:30 Senior Swim Pool 8:00 Greensboro Social Dance— 1:00 Cards & Games Gym 5:00 Table Tennis Gym		8 NEW HOURS: 9 am to 1 pm 9:15 AHOY Gym	
9 *Registration Required **Drop-in Fee Required			10 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:30 Soul Sliding Class** Gym 1:00 A Matter of Balance Class* Rm 2 2:00 Senior Swim Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2		11 Senior Games Shuffleboard* 8:30 Senior Swim Pool NO CARDIO SCULPT NO CHAIR YOGA 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 6:15 Beginner Zumba Gym		12 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Adult Coloring Books* Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 1:00 Quilting Club Rm 1 1:00 Writing Class* Rm 2 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Rm 2		13 9 am-5 pm AARP Tax Service* 8:30 Strength for Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Gym 11:00 Peach Cobbler Contest* Rm 1 1:30 Osteoporosis Group Rm 1 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 1		14 Center Closed for Easter		15 Center Closed for Easter	
16			17 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym 1:00 A Matter of Balance Class* Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool		18 Senior Games Shuffleboard* 8:30 Senior Swim Pool NO CARDIO SCULPT 9:30 Bingo Rm 1 NO CHAIR YOGA 11:00 Water Arthritis Class* Pool 11:30 Lunch Bunch* Van 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym		19 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool		20 8:30 Strength for Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Gym 11:00 Water Arthritis Class* Pool 12:00 Downsize Your Life* Rm 1 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 1 5:45 Aqua Fit Class* Pool		21 Senior Games Table Tennis* NO CHAIR YOGA 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 12:00 Booked for Lunch Club Rm 1 1:00 Cards & Games Gym 5:00 Table Tennis Gym 6:00 Grasshoppers Game* Van		22 NEW HOURS: 9 am to 1 pm 9:15 AHOY Gym	
23			24 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 2 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym 1:00 A Matter of Balance Class* Rm 2 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool		25 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Facts about Annuities* Rm 1 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:45 Yoga on the Mat Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym		26 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Table Tennis Rm 2 10:00 BP & Glucose Checks Lounge 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool		27 8:30 Strength for Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Gym 11:00 Water Arthritis Class* Pool 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 1 5:45 Aqua Fit Class* Pool		28 9:00 Wytheville Trip Signups 9:15 Chair Yoga Gym 10:00 Adult Coloring Books* Rm 1 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 1:00 Cards & Games Gym 5:00 Table Tennis Gym		29 NEW HOURS: 9 am to 1 pm Senior Games Basketball* NO AHOY	
30														